



USDA-FNS Presents

Loving Your Family... What's It All About?



Participant Guidebook

The Healthy Family Guidebook communicates MyPyramid messages in a way that is appropriate for low-literate audiences for both English and Spanish language speakers.

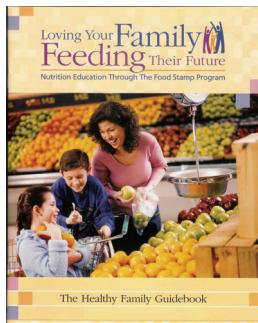


The participant guidebook is the foundation for the *Loving Your Family...* initiative. The Guidebook uses a "self-teaching" format to help participants understand the basics of the Dietary Guidelines and MyPyramid recommendations for a healthier lifestyle.

This "help" book assists FSNE participants with daily nutrition management and

physical activities for their families while supporting positive behavioral changes.

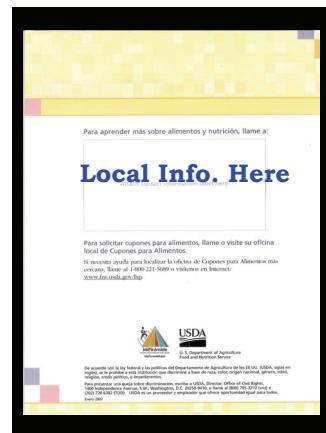
The Guidebook provides information about the amount of food to eat each day from each food group, tips on buying foods to stretch food dollars, tips on serving foods, including low-cost recipes, and ideas for getting children to eat healthier foods and be physically active every day.



The Guidebook features 13 easy, tasty and healthy recipes as well as a 2-week, low-cost menu plan based on a 2,000 calorie food pattern.

The menus when averaged over a week, provide all of the recommended amounts of food from each food group.

The back cover of The Guidebook provides an opportunity to indicate provide local contact information regarding nutrition education and information about how to apply for food stamps by locating the local food stamp office using the 1-800 number or the Food Stamp web site.



Creative Options for Using The Guidebook

Consider preparing one of the recipes from The Guidebook for participants to taste at a discussion session.

The Eat Smart. Play Hard. TM Campaign also has Power Plans (discussion sessions) targeted to parents and children that could be

used in conjunction with the Guidebook. View these sessions at: www.fns.usda.gov/eatsmartplayhard



Use the four discussion sessions in conjunction with the material found in the Healthy Family Guidebook. The key topics covered in the discussion sessions are linked to the information found in The Guidebook.

Week 5

Schedule

Online Education Module & Educator's Handbook	Week 1
Staff Support Kit	Week 2
Promotional Brochures	Week 3
Discussion Sessions	Week 4
Participant Guidebook	Week 5
Participant Handouts	Week 6
Loving My Family...video	Week 7
User Response Card	Week 8

How To Order Materials

For specific ordering details follow this hyperlink to the Food Stamp Nutrition Connection web site : <http://www.nal.usda.gov/foodstamp/orderingmaterials.pdf>

Food Stamp Nutrition Educators can order limited copies of specific materials at:

<http://www.ntis.gov/foodstamp/default.aspx>

Everyone can download materials for free at:

<http://foodstamp.nal.usda.gov/fns>